



How **HEALTHY** is Your *Heart?*

If you've ever wondered how healthy your heart is and whether you're at risk for heart disease, now's the time to find out!

Bring your family and friends and join us at the Reh-Fit Centre for the:



Smart for your *Heart!*

OPEN HOUSE

FRIDAY

February 10
8:00 am – 8:00 pm

SATURDAY

February 11
9:00 am – 6:00 pm

This is your opportunity to take the **REH-FIT CHALLENGE**. With the answers to a few questions, you can help determine your chances of developing heart disease and take action now to maintain your good health.



www.reh-fit.com



FEBRUARY IS Heart Month!

Join us for these programs designed to help improve your heart health!

How Your Mind Affects Your Heart and What You Can Do About It

Tuesday February 7 7:00 – 8:30 pm

Instructor: Dr. George Kaoukis, Psychologist

FREE

Understanding Your Cardiac Medications

Thursday February 9 3:00 – 4:00 pm

Instructor: Christopher Louizos, Pharmacist and Pharmacy Practice Instructor, University of Manitoba

Non-members: \$5

INCLUDED W/ MEMBERSHIP

Cardiovascular Prevention: From the Doctor's Office to Home

Friday February 10 2:00 – 3:00 pm

Instructor: Dr. Thang Nguyen

Members: \$5 Non-members: \$10

Blood Pressure and BMI Clinic

Friday February 10 8:00 am – 8:00 pm

Saturday February 11 9:00 am – 6:00 pm

FREE

Peripheral Arterial Disease – Know Your Risks

Tuesday February 14 9:30 – 10:30 am

Instructor: Diane Brown, Reh-Fit Centre Nurse

Non-members: \$5

INCLUDED W/ MEMBERSHIP

The Heart Health Benefits of Laughter

Wednesday February 15 1:00 – 2:00 pm

Instructor: Nancy Ullenboom, Reh-Fit Centre Nurse

Non-members: \$5

INCLUDED W/ MEMBERSHIP

Keeping Your Heart Healthy: A Natural Approach to Preventing Cardiovascular Disease

Thursday February 16 1:00 – 2:00 pm

Instructor: Dr. Natasha Klemm, Naturopath Physician

Members: \$5 Non-members: \$10

Peripheral Arterial Disease Screening Clinic

Saturday February 18 8:30 am – 3:30 pm

Instructor: Dr. Viologo and team of nurses

Members: \$10 Non-members: \$20

FREE

Heart Failure Awareness

Tuesday February 21 1:00 – 4:00 pm

Instructor: Dr. Shelley Zieroth, Director of SBGH Heart Failure and Transplant Clinics and Head of Medical Heart Failure Program, WRHA Cardiac Sciences

Estrellita Estrella-Holder, Clinical Nurse Specialist with the Heart Failure Clinic at SBGH

Making and Sustaining Lifestyle Changes

Wednesday February 22 1:00 – 2:00 pm

Thursday March 1 7:00 – 8:00 pm

Instructor: Averill Stephenson, Reh-Fit Program Manager

Non-members: \$5

INCLUDED W/ MEMBERSHIP

Ask The Pharmacist!

Thursday February 23 3:00 – 4:00 pm

Instructor: Christopher Louizos, Pharmacist and Pharmacy Practice Instructor from the University of Manitoba

Non-members: \$5

INCLUDED W/ MEMBERSHIP

Healthy Eating to Prevent Cardiovascular Disease

Monday February 27 3:00 – 4:00 pm

Instructor: Ellis Harasymek, Reh-Fit Dietitian

Non-members: \$5

INCLUDED W/ MEMBERSHIP

What is your Risk of Developing Heart Disease?

Tuesday February 28 3:00 – 4:00 pm

Instructor: Jean-Paul Normandin, Reh-Fit Nurse

Non-members: \$5

INCLUDED W/ MEMBERSHIP

Women and Heart Health: An Amazing Race

Wednesday February 29 6:30 – 7:30 pm

Instructor: Dr. Joanne Sawatzky

Members: \$5 Non-members: \$10

Please pre-register at the Reception Desk or visit reh-fit.com for more details.



www.reh-fit.com

